



WEEKLY BULLETIN

The official news bulletin of Holyrood Academy



DEAR PARENT/CARER,

Last week at Holyrood was 'Be Kind Week', which was a great opportunity for us to focus students' attention on how important it is to look out for one another, understand our differences and include everyone in school life. The activities students reflected upon during tutor time gave them the opportunity to think about how we can all be more inclusive and empathetic towards others, which is so important as we think ahead to the important messages of National Anti-Bullying Week.

Unfortunately, bullying and unkindness happen in society and in schools, including ours. We do not accept bullying or unkindness of any kind at Holyrood, and we are proud of our students who come forward and report it, so that everybody can enjoy school. Thank you for reiterating these messages at home and for encouraging your child to stick up for others by speaking out when things aren't right.

Best Wishes
MR. DAVE MACCORMICK
 Head Teacher

HOLYROOD
 ACADEMY

FEATURED THIS WEEK:

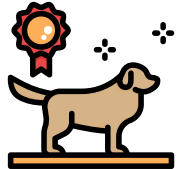
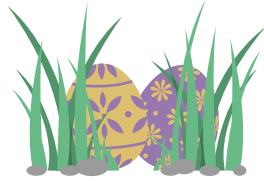
- Sports & Holyrood Clubs
- CineCHARD
- Up and Coming Events
- Destiny
- Family Fan Zone
- Somerset Careers Fair



UP AND COMING EVENTS

Fabulous events coming up soon for Holyrood Academy

More information on all of these events on-line soon:



11th November	Cine Chard@Holyrood - Operation mincemeat -tickets through ticketsource.co.uk/cinechard
17th November	Community performance of Destiny for year 11, 12 &13 students and adults
24th November	Community performance of A Christmas Carol open to all
2nd December	Christmas Bingo Tables bookable through the PTFA facebook page. Booking essential
7th December	Holyrood Actors show case 6pm - 8pm
9th December	Cine Chard@Holyrood - The Railway Children - buy one ticket and get one free through ticketsource.co.uk/cinechard
20th January	The Big Quiz Tables bookable through the PTFA facebook page. Booking essential
24th March	Easter Bingo Tables bookable through the PTFA facebook page. Booking essential
Saturday 13th May	Carboot and dog show
Saturday 10th June	Carboot
Saturday 8th June	Carboot





Holyrood PTFA present their annual



Family Fun Quiz

Friday 20th January 2023

Reserve your place online

Holyrood PTFA Events
<https://www.facebook.com/groups/ptfaholyrood>
 email: holyroodptfa@gmail.com



Bar and Snacks

cash only

Only food and drink purchased on the premises may be consumed on the night



Tables of 6 £1.50 per child £2.50 per Adult



Holyrood Upper Site Hall 6.30 pm (Doors open at 6)

Bingo Night

Holyrood PTFA's Xmas Bingo

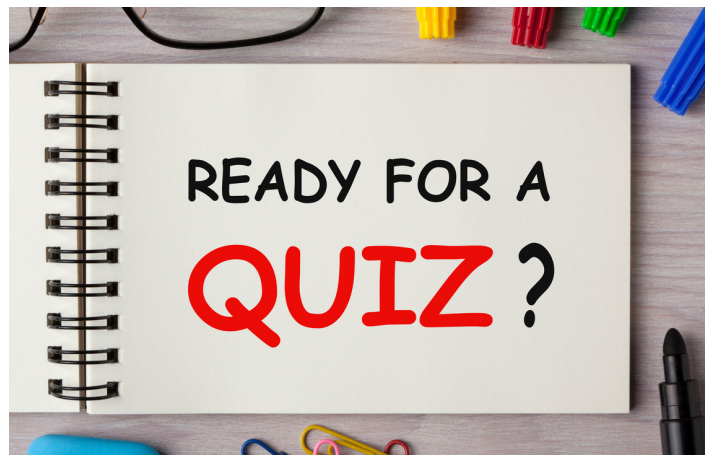
Friday 2nd December
 Doors open 5:45 Eyes Down 6.30 pm
 Holyrood Upper Site

BINGO				
13	51	48	35	1
4	8	67	5	17
62	3	★	23	45
30	38	20	11	40
52	14	42	49	65

Prize Hampers
 First and Second Line Prizes
FLYER
RAFFLE

Reserve your place online

Holyrood PTFA Events
<https://www.facebook.com/groups/ptfaholyrood>
 email: holyroodptfa@gmail.com



A Christmas Carol

Tickets are now on sale for the quantum theatre production of 'A Christmas Carol'.

This is the perfect way to get into the Christmas spirit as it is exactly one month before Christmas Eve on the 24th November.

Tickets are £4 for students and £6 for adults
Show starts at 6.30pm

Everybody welcome.



TURNING IN TO TEENS: PARENTING PROGRAMME

Dear Parent/Guardian,

You are invited to take part in a free programme that aims to help you and your adolescent manage the many emotional challenges of this stage of life. *Tuning in to Teens* is a six-week parenting programme. The programme will teach you how to manage your own and your adolescents' emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. These are factors that have been found to reduce the risk of mental health and substance abuse problems.

What is Emotional intelligence?

The programme is based on the concept of Emotional Intelligence. Emotional Intelligence (EQ) is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Why is Emotional Intelligence important?

Research has shown that teens with greater emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success. Emotional Intelligence may be a better predictor of academic and career success than IQ.

When parents focus on helping their teen learn about emotions, the young person is more likely to have higher emotional intelligence. In this parenting programme we will teach parents what to do to help these skills develop, and in doing so we expect teens to manage adolescence better.

To confirm your participation in this parenting programme, please send an email to Caroline Markham at cmarkham@holyrood.uat.ac by the 21st October 2022.

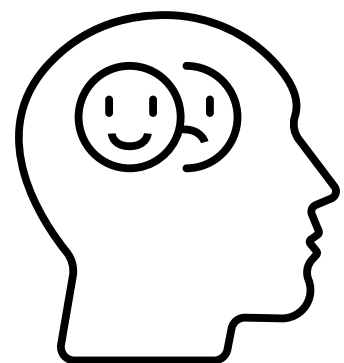
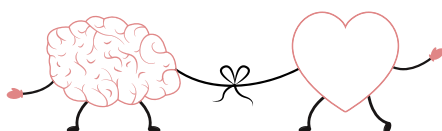
The course will begin on the Tuesday 1st November 2022 and will run for six, two-hour sessions;

The subsequent dates will be: 8th November, 15th, 22nd, 29th & 6th December.

The time for this will be 5.30pm - 7.30pm and will be at Holyrood Academy - please report to the main reception a few minutes before the start time; refreshments provided.

If you have any questions, please feel free to contact me.

Kind Regards
Caroline Markham





DESTINY

17TH NOVEMBER
YEAR 11,12 & 13 STUDENTS
AND ADULTS ONLY

This monologue follows the story of a teenage girl growing up on a rural Wiltshire council estate.

Destiny dreams big. She dreams glamour. She's gonna be an MTV Base backing dancer, you watch. She's fearless, ferocious and up for the fight (she's had to be).

This is the story of a teenage girl growing up on a rural Wiltshire council estate. After a big night out takes a turn for the worst, Destiny's life spirals out of control as she desperately tries to learn how to love and be loved.
Warning themes of sexual abuse and violence

HOMework CLUB

Everyone Welcome

Mon-Thurs
3:10PM - 4:20PM

The Learning Centre

(Upper Site)

Come along and complete your homework in a calm and supportive environment.

HOLYROOD PTFA PRELOVED UNIFORM

Available from the Community Hub Monday, Tuesday and Wednesday

Blazers £5

All other items £1

Proceeds to Holyrood and to the Community Hub

Find the Community Hub in the old DOVETAILS shop - opposite Superdrug.



cinechard 

FRIDAY 9TH DECEMBER 2022

Holyrood Academy, upper site 7:30pm (doors 7pm)



CINECHARD

Adults £5, Under 12s £2.50
£6/£3 on the door

Advance tickers available from:

Eleos (correct cash in an envelope only), Barron's, & Post Office.

Cash-free tickets from ticketsource.co.uk/cinechard



COME AND SUPPORT ENGLAND!

Tickets are available to buy in the LRC at break or lunch time!



ENGLAND NEW SQUAD WORLD CUP 2022

CAMBODIA EXPEDITION 2023 INVITES YOU TO JOIN US AT OUR FOOTBALL EVENT!

FAMILY FANZONE

WORLD CUP 2022 LIVE AT HOLYROOD ACADEMY
LET'S ENJOY IT TOGETHER ON THE BIG SCREEN



FRIDAY NOV 25TH

ENGLAND VS U.S.A

DOORS OPEN AT 6PM



Adults £5 | U16s £4 | Children under 4 free |
Family Tickets £15 - 2 Adults 2 Children

ON SALE - REFRESHMENTS • SWEETS •
BBQ • SNACKS • FACEPAINTINGS AND
LOTS MORE



TICKETS AVAILABLE AT HOLYROOD ACADEMY AND ONLINE AT
CAMBODIAEXP2023@GMAIL.COM AND OUR FACEBOOK

FREE entry

8th Nov 2022 - Westlands, Yeovil
23rd Nov 2022 - J24, Bridgwater

Open 9am - 6pm

Somerset Careers Fair 2022



Come speak to the experts

With over 50 amazing exhibitors including the Armed Forces, Local Employers, Universities, Schools/Colleges, FE Colleges, and Training Providers we have plenty of experts for you to talk to.

For more information visit the [Somerset EBP website](#)



THE CAREERS & ENTERPRISE COMPANY



SOMERSET EDUCATION BUSINESS PARTNERSHIP
SUCCESS THROUGH COLLABORATION



South Somerset District Council



cinechard



Friday 11th November 2022

Holyrood Academy, upper site 7:30pm (doors 7pm)

BASED ON THE EXTRAORDINARY TRUE STORY

OPERATION MINCEMEAT

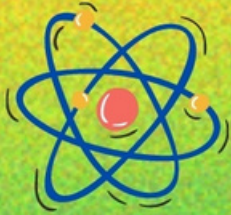


Adults £5, Under 12s £2.50 £6/£3 on the door

Advance tickers available from:

Eleos (correct cash in an envelope only), Barron's, & Post Office.
Cash-free tickets from [ticketsource.co.uk/cinechard](https://www.ticketsource.co.uk/cinechard)

MONDAY & TUESDAY



WEDNESDAY



THURSDAY & FRIDAY



SPORTS CLUBS



D of E Bronze	KSE/ DT	Mondays	lunchtime	E10 and M2		yr 9,10
Bronze IDEAaward	CP	Mondays	lunchtime	A3		KS3 yrs 7,8 and 9
IT skills and gaming club	AEA	Mondays	lunchtime	C4		Yr 7 and 8
Gym Access	RBA	Mondays	lunchtime	Lifestyle gym		all students and staff
BasketBall	KDR	Mondays	lunchtime	Sports Hall		yr 7
Yr 7 Mixed hockey	KDR	Mondays	afterschool	ATP		yr 7
D of E Silver	KSE	Tuesdays	lunchtime	E 10		yr 11
D of E Gold	IHA	Tuesdays	lunchtime	6th form		yr 12 & 13
Yr 10 book club	KWL	Tuesdays	lunchtime	A6		yr10 only
Creative Writing Club	SVA/ EEV	Tuesday B	lunchtime	B6		yr 7 and 8
Crochet Club	LGI/JBO	Tuesdays	lunchtime	A5		all students and staff
Badminton	EBO	Tuesdays	lunchtime	Sports Hall		all students and staff
Hero Realms	CSL	Tuesday A	lunchtime	M4		all students and staff
Adams Family rehearsal	Production team	Tuesdays	afterschool	DM1	until half term	all students and staff
Hockey	KAR/SPR	Tuesdays	afterschool	ATP		ys 10, 11, 12 and 13
Art Studio	SMU/JWI/JWA/NT	Tuesdays	lunchtime	all art rooms		KS 4 and KS5
Yoga	MTH	Wednesdays	morning 8 am	J8	After half term	6th form
Art Club	SMU	Wednesdays	lunchtime	E8		yr 7
Workout in French	JMI	Wednesdays	lunchtime	G4 at 1.45		all students and staff
Pop Choir	NWI	Wednesdays	lunchtime	F3		all students and staff
Gym access	KAR	Wednesdays	lunchtime	Lifestyle gym		all students and staff
Younique	SDA	Wednesday A	lunchtime	A4	all	yr 8 upwards
Eco Club	BHA & VBU	Wednesdays	afterschool	E1	all	KS3 and KS4
Dungeons and Dragons	HMA	Wednesdays	fterschool	F8		Yr 9 and above
Science Club	BBU/GLJ	Wednesdays	afterschool	G5		Year 7
Boys Drama club	LMA	Wednesday	afterschool	DM1	After half term	KS3 and 4
Yr 8 Girls Hockey	SPR	Wednesdays	afterschool	ATP		Yr 8 girls
Yr 7 Girls Rugby	KDR	Wednesdays	afterschool	Field		Yr 7 girls
Yr 7 Boys Rugby	PRE	Wednesdays	afterschool	Field		yr 7 boys
Yr 8 Boys Rugby	SJE	Wednesdays	afterschool	Field		yr 8 boys
Yr 9 Boys Rugby	RBA	Wednesdays	afterschool	Field		yr 9 boys
Art Studio	SMU/JWI/JWA/NT	Wednesdays	afterschool	all art rooms		KS 4 and KS5
Dance	KDR	Thursdays	lunchtime	Lifestyle gym		Yr 8, 9, 10 and 11
Board Games	DMO	Thursdays	lunchtime	M3		Yr 8 and 9
Craft Thursday	LHU	Thursday	Lunchtime	D4		KS3
School Band	NWI	Thursdays	lunchtime	F3	after half term	all students and staff
Art Studio	SMU/JWI/JWA/NT	Thursdays	afterschool	all art rooms		KS 4 and KS5
Adams Family rehearsal	Production team	Thursdays	afterschool	DM1	until half term	all students and staff
Science Club	LCO	Thursdays	Afterschool	S5		Yr 8
Year 9 Girls Hockey	EBO	Thursdays	afterschool	ATP		yr 9 girls
Colouring Club	BAU	Fridays	lunchtime	A4	all	yr 7,8 and 9
Board Games	CBR	Fridays	lunchtime	H2	all	y 7
Basketball	KDR	Fridays	lunchtime	Sports hall		yr 8, 9, 10 and 11
Gym access	SJE	Fridays	lunchtime	Lifestyle gym		all students and staff
Origami	JWI	Fridays	lunchtime	F1		all students and staff
Fantasy Football	OLO	Fridays	lunchtime	L1	Autumn/Spring	all students and staff
Boys Hockey	KDR	Fridays	afterschool	ATP		Yr 8, 9, 10, & 11 boys
Rock School	NWI	Fridays	afterschool	F3	after half term	all students and staff

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Time 1:30 - 2:10	Year 7 Basketball Mrs Druce - Sports Hall All Years Gym Mr Barker - Lifestyle Fitness  	All Years Badminton Mrs Bowker - Sports Hall 	All Years Gym Miss, Armstrong - Lifestyle Fitness Year 7 Dance Club Mrs. Druce - Lifestyle Fitness  	Year 8-11 Dance Club Mrs Druce - Lifestyle Fitness 	Year 8-11 Basketball Mrs Druce - Sports Hall All Years Gym Mr Jenkins - Lifestyle Fitness  
After School	Year 7 Boys and Girls Hockey Mrs Druce - ATP	Years 8/9 Girls Rugby Mr Jenkins - Field Years 10/11 + 6th Form Hockey Miss Armstrong/Mrs Preston - ATP	Year 7 Girls Rugby Mrs Druce - Field Year 7 Boys Rugby Mr Reid - Field Year 8 Boys Rugby Mr Jenkins - Field Year 8 Girls Hockey Mrs Preston - ATP Year 9 Boys Rugby Mr Barker - Field	Year 9 Girls Hockey Mrs Bowker - ATP Years 10/11 Girls Rugby Miss Armstrong - Field Year 10 Boys Rugby Mr Easton - Field	Year 8-11 Boys Hockey Mrs Druce - ATP



ADOLESCENT DEVELOPMENT SERVICES

SORTED
Substance Use and Misuse Team

THC Vaping Parent/Guardian Resource

Introduction

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention. This resource has been created to give information to support conversations with your child around THC vaping. You will read about THC vaping, the short term and long term effects as well as the legalities to help you make the most informed decisions to keep your child safe and happy.

What is Vaping?

Vaping is the inhalation of vapor from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, propylene glycol and/or vegetable glycerine, and flavourings. Other liquids can be added to the vape.

What is THC Vaping?

The most common emerging trend amongst young people is to add THC oil to their vaping liquid. THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant. THC is the chemical that gives the 'high' effect and it is illegal in the UK.



How Do I Know My Child is Vaping?

Vaping tends to produce clouds of smoke that are scentless and disappear quickly, so it can be difficult to sense if your child is using a vape. Vaping is relatively new still, and little is known about the short term effects, however it is generally thought that vaping is less harsh than smoking as it is generally tobacco free and has less chemicals than cigarettes, which is why it is a popular method for stopping smoking. The short term effects of vaping can also vary depending on what is in the vaping liquid such as the nicotine content. However inhaling any substances is not entirely risk free. Below are some images of different styles of vape or e-cigarettes.



Short Term Effects Of Vaping THC

How Do I Know My Child is Vaping THC?

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short term effects are listed on the right and can be signs your child has vaped THC oil.



ATTENTION

- Blood shot eyes
- Dazed/dreamy demeanour
- Short term memory loss
- Faint/feeling sick
- The giggles
- The munchies
- Dry mouth
- Paranoia
- Anxiety



You can watch more about the short term effects on this talktofrank video. [FRANK: Cannabis Side Effects - YouTube](#)

Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia
Mental Health -

- Anxiety and paranoia
- Hallucinations

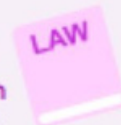
These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.



Will my child get into trouble for using THC Vapes?

Cannabis is an illegal Class B drug. There are consequences for the illegal possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk).



How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are local and national services to find more information and support for your child.

National

Childline - 0800 1111

Frank - talktofrank.com

◦ 0300 123 6600

◦ frank@talktofrank.com

◦ text - 82111

youngminds -

[youngminds.org.uk](https://www.youngminds.org.uk)

• ADFAM - adfam.org.uk

• Samaritans - [samaritans.org](https://www.samaritans.org)

• The Childrens Society -

[childrensociety.org.uk](https://www.childrensociety.org.uk)

• MIND - [mind.org.uk](https://www.mind.org.uk)

• CYPMHS - NHS mental health support

◦ [nhs.uk](https://www.nhs.uk) - search CYPMHS

